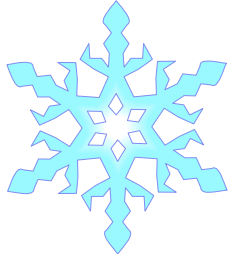


# Shrewsbury Parks & Recreation



*Holiday  
Pops Trip  
Saturday  
12/27  
sign up  
now*



*Spring  
Registration  
Saturday  
March 6<sup>th</sup>*

## 2003-2004 Winter Brochure

*Registration opens*

*Saturday December 6<sup>th</sup>*

*8-10AM at Parks & Recreation*

*Continues weekdays*

*M-F 8AM-12PM & 1-4:30PM*

*Department Staff*

*Angela Snell, C.P.R.P. Director*

*Gary Grindle, Recreation Supervisor*

*Jean Giles, Senior Account Clerk*

*Doug Schoenfeldt, Park Foreman*

*Visit us on the web at [www.shrewsbury-ma.gov](http://www.shrewsbury-ma.gov)*



*For cancellations please call the weather hotline at 841-8336  
If schools are cancelled due to inclement weather, then parks &  
recreation programs will also be cancelled. If there is a morning delay  
for schools, then all tots programs will be cancelled for the day.*

## **Policies**

### **Registration & Program Information**

Programs have enrollment limits, and sign-ups are accepted on a strict first-come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. Registration will take place until the program is filled or two weeks before the program starts. Most programs are for residents only. **Seniors-60 and older, Adults-18 and older**

### **Proxy Registrations**

A person may submit another's registration form, provided the form is properly completed and signed and accompanied by the correct fee. (Wait until availability is confirmed before filling in their check). The Proxy limit is one per submitted (in addition to your own).

### **Refund Policy**

Refunds are not allowed unless we receive written notification prior to the class starting and we are able to fill your space with someone from the waiting list. Refunds that are granted will be charged a \$5.00 administrative fee. Otherwise refunds will not be allowed unless the program is canceled by the department.

### **Cancellation Policy**

Programs may be canceled due to inclement weather, holidays and when school is closed. We also reserve the right to cancel any registration due to misprints or human error.

### **Cancellation Hotline**

Contact 841-8336 for any cancellations due to inclement weather. (approximately 1 hour before the class starts)

### **Age & Grade Requirements for Programs**

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class. The grade limit required corresponds to the child's grade level in the fall.

### **Switching of Classes**

Participants will not be allowed to switch or to change to different nights for any program.

### **Photo Policy....Smile**

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know on the registration form.

### **Advertisements**

Programs and special events will be shown on Channel 35 and in the local newspapers.

### **Office Hours**

Monday through Friday 8AM-Noon & 1PM-4:30PM

### **Valuables**

The parks & recreation department is not responsible for any lost or stolen items. Valuables, in particular should not be brought to any program.

### **Code of Conduct**

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

**Shrewsbury Special Needs Program**  
Offers Special Olympics training and social activities for students ages 8 and older.  
For an upcoming schedule e-mail:  
[shrewspecneeds@charter.net](mailto:shrewspecneeds@charter.net) or visit the  
Parks & Recreation office for the brochure.

## **Special Events & Trips**

### **Holiday Pops in Boston**

A great holiday gift for family or friends!!!! Take part in one of Boston's most beloved traditions - a Holiday Pops concert at historic Symphony Hall. Bring your family and friends for a 3PM matinee concert and enjoy the glorious New England holiday season. We will be departing at Noon from Town Hall and returning @ 8PM on a warm and comfy MotorCoach. Drop-off and pick-up will be at the Prudential Center. Price includes ticket, bus and gratuity.



### **Sign-up Now!!! Limited Seats**

# 123190-B

Fee: \$48.00

Date: 12/27/03

### **Contacts for Local Sport Programs 2003/2004**

<b><u>Babe Ruth Baseball</u></b>	Bob Cusson	842-4161
<b><u>Little League Baseball</u></b> (Reg)	Mike Kelly	842-7335
<b><u>Little League Girl's Softball</u></b>	Don Pegg	845-2173
<b><u>Pop Warner Football</u></b>	Tony Perry	842-5420
<b><u>Youth Hockey</u></b>	Chris Rutigliano	842-3209
<b><u>Youth Soccer</u></b>	David Hillman	842-7198
<b><u>Girl Scouts</u></b>	Lu-Ann Rimkus	757-4021
<b><u>ORA (rowing)</u></b>	Wally Whitney	978-464-2369
<b><u>Ski Ward</u></b>		845-1797 ext 11
<b><u>Ice Skating</u></b>	Facility Management	781-871-7681
<b><u>SCDC</u></b>		841-8300 x1477

## Seniors

**Seniors can register starting December 3<sup>rd</sup>**

### Golden Edges Ice Skating

Join us each week as adult ice skating enthusiasts beginners through advanced take to the ice. Members of the Golden Edges will earn Ice Skating Institute (ISI) badges and be eligible to compete in ISI competitions throughout the year. Each class consists of a 30 minute lesson and an optional 30 minute practice. **Registration forms are available in the Parks & Recreation office & Senior Center. Parks & Recreation will collect registration forms.**



#### Session III

**Time:** Noon **Ages:** Seniors  
**Fee:** \$89 per session (8 weeks) **Dates:** 1/13-3/9  
**Day:** Tuesday **Location:** Buffone Arena (Worcester)

### Senior TAI CHI & CHI GONG

Improve your balance and memory combining simple movements with deep breathing.

**Beginners # 134070-B** **Time:** 3:15-4PM  
**Fee:** \$13.00 (8 classes) **Dates:** 1/6-3/2 (no 2/17)  
**Day:** Tuesday **Location:** Senior Center  
**Ages:** Seniors **Instructor:** Laurie Demers  
**Advanced # 134070-A** **Time:** 4-4:45PM  
**Fee:** \$13.00 (8 classes) **Dates:** 1/6-3/2 (no 2/17)  
**Day:** Tuesday **Location:** Senior Center  
**Ages:** Seniors **Instructor:** Laurie Demers

### Senior Clay Creations (Beginners)

Learn the basic hand building techniques such as the pinch pot, coil, and slab methods (class is designed for beginners). Create functional and/or decorative pieces of pottery from start to finish. All pieces will be able to be used in the dishwasher and microwave.



**# 134120-A** **Time:** 9-10:30AM **Ages:** Seniors  
**Fee:** \$25 **Dates:** 1/9-3/5 (no 2/20) **Day:** Friday  
**Location:** Senior Center **Instructor:** Beth Flanagan

### Senior Drawing

All levels welcome to learn or further practice the fundamentals of drawing. Topics to be discussed include line value, contour, and color. Using these tools we will design a self portrait, landscape and a still life.

**# 134120-B** **Time:** 9-10:30AM  
**Fee:** \$15.00 **Dates:** 1/7-3/3 (no 2/18)  
**Location:** Senior Center Art Room  
**Days:** Wednesday **Instructor:** Beth Flanagan



### Senior Line Dance

Line dance to music from the 40's, 50's and 60's. A variety of dance moves like the grapevine, hustle, hitch and Charleston will be used. (8 classes)

**# 134140-A** **Time:** 10-11AM  
**Dates:** 1/6-3/2 (no 2/17) **Fee:** \$13.00  
**Day:** Tuesday **Loc:** Senior Center  
**Ages:** Seniors **Instructor:** Joe Czarnecki

### Senior Recreational Bowling

Come and join the Senior Bowling League at the Town & Country Bowling Alley. This recreational league provides exercise and an enjoyable atmosphere. Weekly fee is \$7.25, which includes 3 games, donuts and coffee

**Time:** 1PM  
**Dates:** Ongoing **Fee:** \$7.25 (weekly)  
**Day:** Tuesday **Ages:** Seniors  
**Loc:** Town & Country Bowl (corner of RT 9 & Oak St)



### Senior Fitness & Nutrition

Exercise, and learn about improving your overall health by building strength, flexibility and eating healthy.

**# 134050-A** **Time:** 9:30-10:30AM  
**Fee:** \$20.00 **Day:** Wednesday  
**Ages:** Seniors **Dates:** 1/7-3/3 (no 2/18)  
**Location:** Senior Center  
**Instructor:** Karen McKenzie



### Senior Acrylic Painting with Jenn

Learn a variety of painting techniques while focusing on color and design through traditional and experimental approaches. Complete a series of painting while working with chosen imagery, still-life and the landscape. All painting materials will be supplied.

**# 134120-C** **Time:** 9-10:30  
**Fee:** \$30.00 **Day:** Thursday  
**Ages:** Seniors **Dates:** 1/8-3/4 (no 2/19)  
**Location:** Senior Center Art Room  
**Instructor:** Jenn Swan



### Senior Watercolor

Explore the many possibilities of painting using watercolors, ink and collage techniques to create unique works of art. Attention will be places on color mixing, composition and self-expression. All painting materials will be supplied.

**# 134120-D** **Time:** 10:45AM-12:15PM  
**Fee:** \$25.00 **Dates:** 1/8-3/4 (no 2/19)  
**Day:** Thursday **Ages:** Seniors  
**Location:** Senior Center Art Room  
**Instructor:** Jenn Swan



## Adults

### Women's Informal Basketball

Time for the women to get on the court, shoot around and play some pickup games! Basketball is a great way to relieve the stress from a long day. So move over boys!



# 133020-D Time: 7:45-9:30PM  
 Fee: \$20.00 Ages: Adults  
 Loc: Middle School (Front 1/2 of gym used)  
 Day: Monday Dates: 1/5-3/29 (no 1/19 & 2/16)

### Co-Ed Informal Volleyball

Pick-up games will be played for men and women during the winter months. Come out and join some of your friends while enjoying the game. There will be no referees.



# 133210-A Age: Adults  
 Time: 7:45-9:30PM Fee: \$20.00  
 Loc: Middle School (Back 1/2 of gym used)  
 Days: Monday Dates: 1/5-3/29 (no 1/19 & 2/16)

### Men's Informal Basketball

Get together with the guys and play some pick-up games on a weekly basis. Basketball is great way to keep in shape during the winter months. Participants can only register for one night of basketball. However, participants can register for a second night starting Wednesday December 17<sup>th</sup> if there is still availability.



Time: 7:45-9:30PM Fee: \$20.00  
 Ages: Adults Location: Middle School  
 Days: Wed. # 133020-B Dates: 1/7-3/31 (no 2/18, 3/24)  
 Days: Thurs. # 133020-C Dates: 1/8-3/25 (no 2/19)  
 Ages: 35 & Over  
 Days: Tues. # 133020-A Dates: 1/6-3/30 (no 1/20 & 2/17)

### Stretch'N'Flex

Tone muscles, strengthen and stretch your body. This class may include some Pilates and yoga based moves. There will be emphasis on proper alignment and form. Bring ankle weights and dumbbells for maximum results. (16 classes)



# 133090-A  
 Time: 7:10-7:40PM Fee: \$30.00  
 Dates: 1/12-3/15 (no 1/19, 2/16, 2/19)  
 Days: M & Th Loc: Beal school  
 Ages: Adults & 15+ Instructor: D Zeutas-Broer

### Beginner Yoga

This class is an introduction to hatha yoga (the yoga of postures and movement) for strength, flexibility and deep relaxation. Modifications will be presented to conform to western exercise prescription. You don't need a flexible body to practice yoga - you need a flexible mind. Please bring a mat to class.

# 133080-A  
 Dates: 1/6-3/9 (no 1/20 & 2/17) (8 classes)  
 Time: 5:45-6:30PM Fee: \$40.00  
 Days: Tuesdays Ages: Adults & 15+  
 Loc: Senior Center Instructor: D Zeutas-Broer

### Intermediate Yoga

An eclectic class drawing from several styles of yoga including willful holding of postures (Kripalu, Iyengar) and flowing movement (vinyasa - commonly known as power yoga). Techniques will be offered for breathing practices and mindfulness.



Please bring a mat to class. Participants can only register for one night of Yoga. However, participants can register for a second night starting Wednesday December 17<sup>th</sup> if there is still availability.

# 133080-B  
 Time: 6:35-7:35PM Fee: \$40.00  
 Dates: 1/6-3/9 (no 1/20 & 2/17) (8 classes)  
 Day: Tuesday Loc: Senior Center  
 Ages: Adults & 15+ Instructor: D Zeutas-Broer  
New Thursday Class!!!!

# 133080-C  
 Time: 6-7PM Fee: \$40.00  
 Dates: 1/15-3/11 (no 2/19) (8 classes)  
 Day: Thursday Loc: Beal School  
 Ages: Adults & 15+ Instructor: D Zeutas-Broer

### Pilates

This class combines the core (back, abdominals and chest) for strengthening and stabilization. It is a full body stretching and strengthening experience for all levels of ability. Please bring a mat. Moved to Monday Nights!!!

# 133080-D Time: 6:15-7PM  
 Day: Monday Fee: \$36.00  
 Ages: Adults & 15+ Location: Beal School  
 Dates: 1/12-3/15 (no 1/19 & 2/16) (8 classes)

### Tai Chi & Chi Gong

Practice the ancient arts for health and longevity. Make the mind and body connection combining simple movements with deep breathing. Instructor: Laurie Demers



Beginners  
 # 133070-A Time: 6-7PM Fee: \$25.00  
 Dates: 1/7-3/3 (no 2/18) (8 Classes) Ages: Adults  
 Loc: Beal School Day: Wednesday  
Intermediate # 133070-B Time: 7-8PM  
 Dates: 1/7-3/3 (no 2/18) (8 Classes) Ages: Adults  
 Fee: \$25.00 Loc: Beal School Day: Wednesday



## Youth & Teen

**Sign-up now!!! Registration forms are available in the parks & recreation office.**

### Learn to Skate

This program is an excellent introduction to ice skating for children ages 6-12 who want to learn the basic skills necessary to enjoy recreational ice skating or enter youth hockey or figure skating program in the future. Each class consists of a 25 minute lesson and an optional 25 minute unsupervised practice.



**Session II** **Location:** Buffone Arena (Worcester)  
**Dates:** 2/16-4/5 (Monday 4PM) or 2/29-5/2 (Sunday 2PM)  
**Fee:** \$89.00 **Ages:** 6-12

### ARC Babysitter's Training Course

Our American Red Cross Babysitter's Training Course will provide 6-8<sup>th</sup> grade students with training in leadership, safety and safe play, basic care, first aid and professionalism. The course information gives students the basic skills necessary to provide safe and responsible care for children in the absence of parents or guardians. The course is being offered through a partnership with the Shrewsbury Child Development Committee and Shrewsbury Parks and Recreation Department.



**# 132250-A** **Time:** 6:15-8:30PM **Grade:** 6-8<sup>th</sup>  
**Day:** Monday **Loc:** Middle School Classroom 137  
**Dates:** 1/26-2/23 (no 2/16) (4 classes) **Fee:** \$40.00  
**# 132250-B** **Time:** 6:15-8:30PM **Grade:** 6-8<sup>th</sup>  
**Day:** Wednesday **Loc:** Middle School Classroom 137  
**Dates:** 1/28-2/25 (no 2/18) (4 classes) **Fee:** \$40.00

### TAE KWON DO (Beginners)

TAE KWON DO is a great form of exercise, develops self-confidence, teaches self-defense training and self discipline. A uniform is included with the program for new participants. Program is designed for beginners who have not taken TAE KWON DO before. Students will have the option of joining the US TAE KWON DO Center Academy (Rte 9, next to Town Fair Tire) after completion of this program. (10 classes)



**# 132290-A** **Time:** 5:50-6:35PM  
**Fee:** \$50.00 **Dates:** 1/6-2/10 (no 1/20)  
**Day:** Tuesday & Thursday **Ages:** 5 and up  
**# 132290-B** **Time:** 10-10:45AM  
**Fee:** \$50.00 **Dates:** 1/10-3/20 (no 2/21)  
**Day:** Saturday **Ages:** 5 and up

### Mixed Media Creative Construction

Design, sculpt and paint unique works of art with a focus on sculpture. Projects will include mask-making, mosaics and collage along with a variety of other constructions.



**# 132120-B** **Time:** 4:30-5:30PM  
**Fee:** \$40.00 (8 weeks) **Grades:** 3<sup>rd</sup>-5<sup>th</sup>  
**Dates:** 1/6-3/9 (no 1/20 & 2/17) **Day:** Tuesday  
**Instructor:** Jenn Swan **Location:** Ray Stone Post

### Art from Around the World

Find inspiration for your artwork from various cultures. Projects will include pre-Columbian calendar stones, musical instruments and a fresco painting, while exploring the mediums of drawing, painting and paper-mache.



**# 132120-C** **Time:** 5:45-6:45PM  
**Fee:** \$40.00 (8 weeks) **Dates:** 1/6-3/9 (no 1/20 & 2/17)  
**Day:** Tuesday **Grades:** 4<sup>th</sup>-6<sup>th</sup>  
**Instructor:** Jenn Swan **Location:** Ray Stone Post

### Claytime Pottery Classes

Each week the children will have the opportunity to paint an unfinished piece of pottery that will be then glazed and fired in a kiln. During each session there will be Claytime staff available to provide instruction on a variety of different painting techniques. All of the dinnerware painted will be food safe once it's glazed and fired. This session's projects include a beaded necklace, Mosaic Tile, heart box and choice of ceramic cat or dog.



**# 132120-A** **Fee:** \$43.00 **Time:** 5:30-6:30PM  
**Dates:** 1/15-2/5 (4 weeks)  
**Day:** Thursday **Grades:** 1<sup>st</sup>-4<sup>th</sup>  
**Location:** Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts Plaza)

### Special Needs Bowling

This program will help children learn the fundamentals of bowling. They will also socialize, meet new friends and help develop motor skills. All bowling fees and shoes will be included in the price.



**# 135180-A** **Time:** 4-5:30PM  
**Fee:** \$10.00 **Dates:** 1/13-3/16 (no 1/20 & 2/17)  
**Day:** Tuesdays **Grades:** 1-5<sup>th</sup> Special Needs Students  
**Location:** Town & Country Bowl

### Basic & Ice Fishing

This class will teach children the fundamentals of fishing. Children will learn about the different types of lures, bait and fishing techniques. (Class is indoors, so no actual fish will be caught)

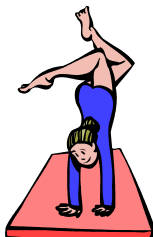


**# 132240-A** **Time:** 7-9PM **Dates:** 1/12-2/9 (no 1/19)  
**Fee:** Free **Location:** Spring St. School Cafeteria  
**Ages:** Children under 15 with adult **Day:** Monday

## Youth/Tots

### Gymnastics

A gym activity program for children ages 4 and 5. Each class is 45 minutes in length and is designed to introduce basic gymnastic skills and stimulate gross motor skill development. The use of special preschool equipment, in addition to the safe use of all gymnastics equipment, develops and refines motor skills, coordination and self confidence.



**# 131150-A** **Time:** 11:15AM-Noon  
**Fee:** \$40.00 **Dates:** 1/5-3/1 (no 1/19 & 2/16)  
**Day:** Monday **Ages:** 4 & 5  
**Location:** Mass Gymnastic Center, Rte 9 in Westboro  
**# 131150-B** **Time:** 2-2:45PM  
**Fee:** \$40.00 **Dates:** 1/8-2/26 (no 2/19)  
**Day:** Thursday **Ages:** 4 & 5  
**Location:** Mass Gymnastic Center, Rte 9 in Westboro

**Sign-up now!!! Registration forms are available in the parks & recreation office.**

### Tiny Blades Skating

This program is an excellent introduction to ice skating for youngsters ages 2 ½ -6. Each class consists of a 30-minutes lesson where skaters learn the basic skills necessary to enjoy recreational ice skating or enter into a youth hockey or figure skating program in the near future.



**Session III**  
**Dates:** 1/12-3/12 (no February Vacation & 3/19)  
**Fee:** \$89.00 **Time:** See form  
**Day:** See Form **Ages:** 2½ -6  
**Location:** Buffone Arena (Worcester)

### Preschool Kids Crafts

This class encourages parent and child interaction in a creative and challenging environment for the child, along with social involvement with other preschool children. Classes give children the opportunity to use paints and glue, while designing art projects and a story at the end of class. (6 weeks)



**Ages:** 2-4 (with parent) **Location:** Ray Stone Post  
**# 131120-A** **Time:** 10-10:45AM  
**Dates:** 1/28-3/10 (no 2/18) **Day:** Wednesday **Fee:** \$35.00  
**# 131120-B** **Time:** 11-11:45AM  
**Dates:** 1/28-3/10 (no 2/18) **Day:** Wednesday **Fee:** \$35.00

### Pee-Wee Tennis

A unique and fun class that teaches the young players the basics of tennis, improves hand- eye coordination and self confidence. Sneakers required, a few racquets are available for use. (6 weeks)



**# 131010-A** **Time:** 1:15-2PM **Ages:** 4-6  
**Fee:** \$55 **Dates:** 1/13-3/2 (no 1/20 & 2/17)  
**Days:** Tuesdays **Location:** Mass Health & Fitness

### Just You & Me

This class is designed to give you the opportunity to spend quality time with your toddler and have fun, too. Together you will play games, sing songs, do crafts, and more. Each week, the activities will vary and be based on a theme. Parent or adult must be able to stay with child at all times and participate. Child must **be at least 2 and no older than 3 at the start of the first class.** One class per child. **Ages: 2 & 3 (with parent)**



**Fee:** \$35.00 per child (8 weeks) **Loc:** Ray Stone Post  
**Instructors:** Ann Morrissey & Gina Fleury

### Schedule

**# 131040-D** **Day:** Monday **Time:** 9:30-10:15AM  
**# 131040-E** **Day:** Thursday **Time:** 9:30-10:15AM  
**# 131040-F** **Day:** Friday **Time:** 9:30-10:15AM  
**Monday dates:** 1/5-3/8 (no 1/19 & 2/16)  
**Thursday dates:** 1/8-3/4 (no 2/19)  
**Friday dates:** 1/9-3/5 (no 2/20)

### All By Myself

Your child will have fun for two hours participating in circle time with books and discussions, small and large motor activities, art projects, cooperative play and age appropriate lessons. Through structure play and discovery learning, your child will have the opportunity to increase their social development, self-esteem and independence. Each week, the activities will vary and be based on a theme. Child must **be at least 3, but no older than 5 at the start of the first class** and can only attend one day per session.



**Fee:** \$55.00 (8 weeks)  
**Instructors:** Ann Morrissey & Gina

**Fleury**  
**Location:** Ray Stone Post **Ages:** 3-5

### Schedule

**# 131040-A** **Day:** Mon. **Time:** 10:30AM-12:30PM  
**# 131040-B** **Day:** Thurs. **Time:** 10:30AM-12:30PM  
**# 131040-C** **Day:** Fri. **Time:** 10:30AM-12:30PM  
**Monday dates:** 1/5-3/8 (no 1/19 & 2/16)  
**Thursday dates:** 1/8-3/4 (no 2/19)

***Shrewsbury Parks & Recreation Winter 2003-2004***

***Friday dates: 1/9-3/5 (no 2/20)***